

# **3x3 Urban Festival**

Utilization of Dynamic Sports in the  
Context of Youth Work

## **INFO PACK**



Co-funded by the  
Erasmus+ Programme  
of the European Union



# Aim of the project

Key objectives of our project include:

- 1.Promoting and explaining the concepts of 'sports for all' and 'healthy lifestyle' in the context of youth work.
- 2.Sharing our empirical experience with the inclusion of young people with fewer opportunities in our communities and various youth work programs.
- 3.Discussing and comprehending basic concepts, values, and principles of inclusion and teamwork.
- 4.Exploring youth work and youth training in connection to inclusion and acceptance.
- 5.Improving capabilities in organizing quality youth work by using organizational methodology within sport, systems of competition, and sports hierarchy.
- 6.Sharing various sports training methods translatable into daily youth work operations for all youngsters, regardless of their background and level of present opportunities.
- 7.Understanding challenges in implementing quality sport methods in youth work for the inclusion and intercultural acceptance of young people with fewer opportunities.
- 8.Improving capabilities for adapting sport methods for non-formal education (NFE)/youth work for the inclusion and acceptance of young people with fewer opportunities.
- 9.Defining and developing basic plans for local/national workshops of youth workers and youngsters by utilizing sports training methods as tools for inclusion.
10. Establishing a significant community of youth trainers and workers for inclusion-related youth sports work.

# Participants

We are set to host a training program in Agros, Cyprus, aiming to bring together 30 participants from 6 different countries. This project is tailored for youth workers who:

1. Are experienced in basketball and especially 3x3 basketball
2. Are committed to supporting young people with limited opportunities in their local communities, including working with orphans, refugees, and migrants (experience in basketball, sports, music, or art is advantageous but not mandatory).
3. Possess basic knowledge of facilitating sport and outdoor-based learning processes.
4. Demonstrate a willingness to utilize their skills in creating new non-formal educational tools to enhance the social inclusion of disadvantaged youth (specifically orphans, refugees, and migrant youth).
5. Have the backing of their respective organizations to apply their skills and newly developed tools in their work.

The primary target audience for this initiative is youth workers from partner countries. They will receive direct support, methods, tools, skills, and resources to effectively engage with and support young people. This includes individuals with backgrounds in basketball, sports, music, or art, as well as those actively working with youth in various capacities.

# Partners

LifeShaker Associação, Portugal

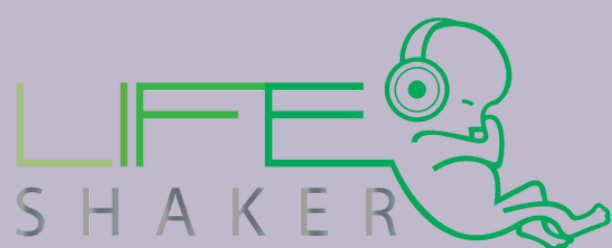
BREZN e.V., Germany

Trieskec, Serbia

United Societies of Balkans, Greece

Zavod za turizem, kulturo, šport in mladino Metlika, Slovenia

Wojewódzki Urząd Pracy w Rzeszowi, Poland



# About us



“Moufflons” is a registered non-profit association situated in Cyprus, with a dedicated mission centered around the empowerment of youth through the integration of sports and non-formal education. Our organization is committed to facilitating the growth and development of young individuals, particularly those from disadvantaged backgrounds, with the aim of fostering their capacity to enact positive change within their communities. Through the utilization of sports and non-formal educational methodologies, we strive to nurture the confidence, holistic knowledge, and life skills of our beneficiaries, thereby equipping them with the tools necessary to navigate towards a more promising future for themselves, their families, and the broader society. Our programs are designed to foster a dynamic environment conducive to experiential learning, knowledge dissemination, and practical application, thereby enabling participants to translate acquired skills, knowledge, and attitudes into tangible action.

The conceptualization of our initial project, the inaugural Moufflons basketball camp in 2012, was rooted in the objective of furnishing young athletes and other children alike with a substantive opportunity to enhance their skills across various dimensions, encompassing both on-court proficiency and off-court development. Nonetheless, it is imperative to underscore that the core operational thrust of Moufflons resides in the design and implementation of sports-centered and non-formal education-oriented learning initiatives. Consequently, a significant contingent within the organization comprises seasoned professionals encompassing coaches, youth facilitators, trainers, and educators, all of whom generously volunteer their expertise and time. Their collective expertise is derived from extensive experience in devising and delivering sports-based developmental programs, both formal and informal in nature, tailored to diverse demographic cohorts. Employing innovative and imaginative pedagogical methodologies, these volunteers are dedicated to nurturing the holistic growth of young individuals hailing from disparate cultural backgrounds, thereby fostering their healthy development and social integration.

# About Agros

Agros village is a cultural treasure of Cyprus, offering a blend of rich heritage and natural allure. Visitors are drawn to its picturesque landscapes adorned with vineyards and fragrant rose gardens, where they can immerse themselves in the timeless traditions of rural life. From exploring historical landmarks like the Byzantine church of Agia Marina to indulging in local culinary delights and attending vibrant folk festivals, Agros offers a captivating glimpse into Cyprus's cultural tapestry and serene ambiance, making it a must-visit destination for travelers seeking authentic experiences in a tranquil mountain setting.



# Rodon

## Hotel and Resort

Nestled within the scenic mountain village of Agros, Rodon Hotel and Resort stands as a testament to traditional Cypriot architecture. Perched atop a mountain peak, the hotel commands a panoramic view of the surrounding landscape, providing guests with an uninterrupted vista of natural beauty. Constructed by local craftsmen, the hotel derives its name from the abundant scented roses, known as "Rodon" in Greek, which flourish in the region. These roses serve as the primary ingredient for the renowned Agros rosewater, a testament to the hotel's deep connection to its cultural and natural heritage.

The hotel features a comprehensive central heating and air conditioning system for guest comfort. With its expansive lobby and entertainment areas, including lounges, cafeterias, restaurants, a piano bar, game rooms for children and infants, and a village tavern, Rodon Hotel and Resort offers a unique and spacious atmosphere for relaxation and socializing. Additionally, guests can enjoy amenities such as a well-equipped gym, two outdoor swimming pools at different levels, and open courts for football, tennis, and basketball. The hotel's mini market offers a range of necessities, souvenirs, and local products, while complimentary Wi-Fi Internet access is available throughout the property.



# Airports in Cyprus

Larnaca International Airport (LCA) or Paphos International Airport (PFO). Before making any ticket purchases, please ensure to consult with us for further guidance and coordination. We want to ensure that all logistical aspects are properly arranged and that your participation in the training program proceeds smoothly. Feel free to reach out to us for any assistance or clarification you may need prior to making any travel arrangements.





# **Budget**

Participants are not required to pay a fee for involvement. Accommodation, meals, and local travel expenses (restricted to the activity program duration) are covered by the grant extended by the National Agency of Cyprus, the European Program Management Foundation (IDEP), under the auspices of the Erasmus+ Programme.

## **Reimbursement**

In accordance with the regulations, reimbursements for travel costs are exclusively disbursed via bank transfer to either the Partner Organization or directly to participants, contingent upon actual expenditures. Following the submission of all original documentation (inclusive of receipts, invoices, boarding passes, and reimbursement claims) either in person or via postal delivery, alongside the completion of the Participation Survey by all involved parties, dissemination of outcomes will transpire, observing the fiscal constraints stipulated by the Erasmus+ Programme.

# Reimbursement guidelines

1. The reimbursement of travel expenses is contingent upon utilizing the most economical mode of transportation between the Partner Organization's country and the designated venue. Prior to ticket purchase, participants must submit their proposed travel itineraries, inclusive of detailed costs, to [info@moufflons.org](mailto:info@moufflons.org) for validation. Reimbursement will be based on the least expensive route, with actual costs reimbursed only upon submission of receipts and boarding passes. Notably, invoices from taxis and travel agencies are not eligible for reimbursement.
2. Participants must actively engage in all scheduled activities during the training course and adhere to the regulations set forth by the hosting organization to qualify for reimbursement.
3. Reimbursement is limited to travel expenses incurred within the activity's specified start and end dates. Participants may extend their stay in Cyprus or at the venue, provided that the travel dates align with or are lower in cost than the original itinerary. However, any additional expenses incurred due to early arrival or prolonged stay beyond the activity's duration are the responsibility of the participants.
4. To expedite the reimbursement process and mitigate potential document loss, participants are advised to email scanned copies of all required documents to [info@moufflons.org](mailto:info@moufflons.org) before dispatching them via regular post. Original or electronic invoices must accompany flight tickets for reimbursement.

# Reimbursement guidelines

5. All expenses must be converted to euros using the official exchange rate on the date of payment.
6. The reimbursement amount per participant is subject to deduction if any individual fails to participate fully in the daily program, resulting in late arrival or early departure. The maximum reimbursement per participant is determined by the European Commission's distance calculator.
7. Insurance expenses, encompassing travel coverage (including luggage damage or loss) and coverage for accidents or illnesses, are not eligible for reimbursement. Therefore, participants are responsible for securing their own insurance that aligns with the provisions outlined in the Erasmus+ Programme Guide.

## Allowed travel cost per country

Germany	360 €
Greece	275 €
Poland	360 €

Portugal	530 €
Slovenia	275 €
Serbia	275 €

# Other information

## PASSPORT AND VISAS

Ensure that your travel documents, such as your passport or ID, remain valid for a minimum of six months, and obtain appropriate travel insurance (including health and accident coverage) for your trip. Should you require a visa to enter Cyprus, please inform us so that we may offer assistance. It is important to note that foreign citizens must possess valid passports to enter Cyprus. Visas are not mandatory for citizens of the European Union (EU) and Schengen Area countries. For further details regarding visa and customs regulations, please refer to the Ministry of Foreign Affairs of Cyprus website.

## WEATHER

The weather in Agros, Cyprus, during June typically features warm and sunny conditions, with temperatures ranging from pleasantly mild to comfortably warm. Daytime temperatures often hover between 25°C to 30°C (77°F to 86°F), making it an ideal time for outdoor activities and exploration. The evenings tend to be cooler, with temperatures dropping slightly to around 18°C to 22°C (64°F to 72°F). Additionally, June in Agros generally sees minimal rainfall and plenty of sunshine, offering visitors ample opportunity to enjoy the village's picturesque landscapes and outdoor attractions.

# What to bring

In addition to traditional snacks, food, music, and drinks for the intercultural evening, participants attending an Erasmus+ training activity may consider bringing the following items:

1. **Notebook and Writing Utensils:** Essential for taking notes during workshops and discussions, ensuring participants can capture valuable insights and information to reference later.
2. **Comfortable Clothing and Footwear:** Suitable attire for both indoor and outdoor activities, along with comfortable shoes for walking or exploring the surrounding area, promotes physical comfort and enhances the overall experience of the training activity.
3. **Personal Toiletries and Medications:** Bringing necessary toiletries and medications ensures personal hygiene and health needs are met throughout the duration of the training activity, contributing to overall well-being.
4. **Reusable Water Bottle:** Staying hydrated is crucial, and having a reusable water bottle on hand encourages participants to drink water regularly, supporting their physical health and energy levels.
5. **Travel Adapter and Chargers:** Essential for keeping electronic devices powered and operational, ensuring participants can stay connected and access necessary resources throughout the training activity.
6. **Cultural Items:** Bringing items representing one's culture or country fosters intercultural exchange and understanding, enriching the experience for all participants and promoting mutual respect and appreciation for diversity.
7. **Open Mind and Willingness to Learn:** Perhaps the most critical aspect, cultivating an open mind and a willingness to learn enables participants to fully engage with new ideas, perspectives, and experiences, maximizing the benefits of the training activity and promoting personal and professional growth.

Embark on an adventure into the fascinating world of Moufflons! Follow us on social media for the latest updates and visit our website at [www.moufflons.org](http://www.moufflons.org) to learn more about our activities and how you can get involved.

**@moufflonscyprus**

